

Recovery Coach Overview

Recovery Coaches are people in recovery, allies or family members who have been trained to guide a person on their path to recovery, using motivational interviewing and other evidence-based practices. Recovery coaches in Vermont receive intensive evidence-based training and can become certified through a nationally certified exam developed by the International Certification & Reciprocity Consortium (IC&RC).

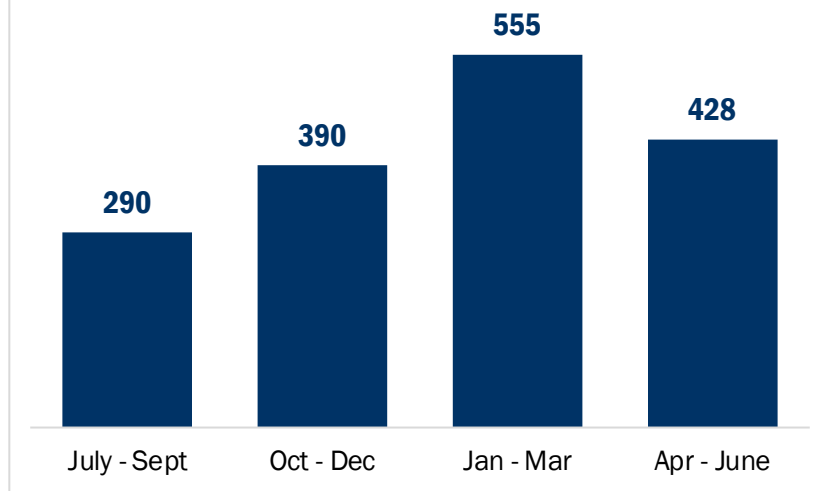
Recovery coaches in emergency departments is a holistic approach to providing Recovery support services in a crisis environment. Recovery Coaches are either on-call or have strategically scheduled shifts in all 14 emergency departments throughout Vermont. These Recovery Coaches are asked to meet with patients who are admitted into emergency departments for a substance use-related issue, or the medical provider diagnoses them with substance use disorder. When Recovery Coaches meet with patients in emergency departments, they use motivational interviewing skills to identify the person's needs, provide them with support in engaging in treatment, recovery or harm reduction services, and provide them with referrals for other services such as housing, transportation and mental wellness.

If the patient consents, the Recovery Coach will follow-up with them following their discharge; the follow-up process is the key to this program's success. The Recovery Coach will continue to contact the patient for 10 or more days after discharge or until they request that the follow-up be modified. During follow-up sessions, the Recovery Coach will draw from their lived experience and gather information about the person's needs using evidence-based recovery methods, like motivational interviewing, to support them in finding their preferred path to recovery.

KEY POINTS

- **Recovery Coaching is currently available in 14 Vermont Hospitals.**
- **1,663 Vermonters were served July 2021 - June 2022.**

Recovery Coaches in the emergency department served 1,663 people from July 2021 - June 2022.



Program History

The Recovery Coaches in emergency department started in July of 2017 with three emergency departments. The program steadily grew until all 14 of Vermont's emergency departments were participating. With the program established in every emergency department in Vermont hospitals, we ensure statewide equity in access to this service.

For more information, contact ahs.vdhdsu@vermont.gov, with subject line "2024 Annual Overview: Recovery Coaching."